

FLORIDA DISABLED OUTDOORS ASSOCIATION PRESENTS:



Recreation Activity Program for Persons with Disabilities CALENDAR OF ACTIVITIES

SEPTEMBER

KAYAK DOWN the WAKULLA RIVER

When: Tuesday, September 14th meet at 4:00 pm

Where: Meet at the FDOA office located at 2475 Apalachee Parkway, Suite 205

Experience nature on the Wakulla River while paddling in a kayak. Beginners and experienced paddlers are welcome. Please RSVP to ensure we have enough kayaks by Thursday, September 9th.

MIRACLE SPORTS—FLAG FOOTBALL

When: Thursdays, September 16th - November 4th, 2010. Youth at 6:00 pm / Adults at 7:00 pm.

Where: Miracle Field located at Messer Park, 2899 Jackson Bluff Road, Field #3

Come out and see what the Miracle Field is all about! Inclusive recreation and sports opportunities for people of all abilities.

OCTOBER

HORSEBACK RIDING— Leisure Style

When: Wednesday, October 13th at 4:00 pm—6:00 pm

Where: Black's Horses and Ponies— Edgewood Farms—16045 Rococo Road

Back by popular demand, leisure horseback riding. Come and experience horses in nature.

NOVEMBER

When: Tuesday, November 16th at 6:00 pm—8:00 pm

Where: Oglesby Union Art Center located on FSU campus

"Paint A Pot" for the holidays as a gift or for yourself. No experience necessary.

DECEMBER

WINTER FESTIVAL—*Celebration of Lights*

When: Saturday, December 4th from 3:00 pm—10:00 pm

Where: Downtown Tallahassee in the Chain of Parks

Be a part of the community by enjoying a celebration of the holidays.

MOBILITY IMPAIRED HUNT

Call Eglin AFB Natural Resources to get an application for their MI Hunt at (850) 882-4165. It must be returned by December 29th for the early February hunt.

ONGOING

INCLUSIVE MARTIAL ARTS CLASS

When: 5:30 pm - 8:30 pm Monday - Friday

Where: Dragon System Martial Arts, 1022 North Monroe Street (NEW Location)

Former 1988 Heavyweight World Kickboxing Champion and Taekwondo Champion, Gerald Murphy, includes people of all abilities. He has the experience and patience to work with anyone. All are invited to attend. For more information, contact Gerald Murphy at 850-443-6502 or go to the class.

TENNIS

When / Where: Please contact Suni Patel at 850-877-5311 or sunil4fsu@aol.com to schedule.

What: Up - Down Tennis practice with wheelchair tennis champion Suni Patel. You do not need to know how to play. NO CHARGE.

